

Pike Fold Primary School

Packed Lunch Policy



Approved by: Head Teacher

Date: September 2020

Last reviewed on: January 2022

Next review due by: January 2024

Introduction

At Pike Fold we believe that eating in school should be a pleasurable experience: time spent sharing good food with good friends. We want our children to develop healthy eating habits, ensuring they get the right energy and nutrition to thrive in school and beyond.

Aim

- To improve the nutritional quality of packed lunches and other foods taken into school.
- To ensure that all packed lunches brought from home (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in school.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy promotes a whole school approach to food and healthy eating.

The policy

- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and could include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt.
- Drinks - the school provides fresh drinking water so no additional drink is necessary. Sugar free squash and flavoured water is allowed as part of the packed lunch.

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not include**:

- High fat, high salt/ high sugar snacks such as crisps and sweet popcorn, or other high salt processed savoury snacks such as Dunkers.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks. This includes high sugar juices and soft drinks such as Capri Sun and Ribena.

Occasionally, the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Plain cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.
- The school will allow children to bring in crisps and chocolate biscuits (not bars) on a Friday when we have pizza or fish and chips on the school meal menu.

Special diets and allergies

The school is a nut free zone! Please check that the food in your child's packed lunch does not include nuts. In addition please do not bring into school any items that are labelled with 'may contain nuts'.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. For these reasons pupils are not permitted to swap or share food items.

Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Parents are advised to include an ice pack if possible. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Assessment, evaluation and reviewing:

Our Midday Supervisors are responsible for managing the lunch hall. Healthy lunches will be celebrated by stickers. Where parents and pupils do not adhere to the Packed Lunch Policy, they will receive a letter in the packed lunch reminding them of the guidance. If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents to discuss this. Items which are not permitted e.g. crisps, chocolate covered biscuits etc. will not be allowed to be consumed. Children will be asked to take them home at the end of the day.

Dissemination of the policy

The school will write to all new and existing parents / carers to inform them of the policy. The policy will be available on the school's website and will be incorporated into the school welcome pack.

The school will use opportunities such as parent evenings to promote this policy as part of the whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

Policy Review This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Appendix 1

Examples of food contained in a packed lunch

Everyday Foods
Fruit Vegetables Bread, cereals, pasta, potatoes Milk and Dairy Protein such as meat, fish, egg, lentils and beans
Never Food
Sweets, chewing gum and chocolate bars Fizzy Drinks and drinks high in sugar Nuts
Friday Only Food
Crisps and other packaged savoury snacks Chocolate covered biscuits Chocolate spread (not containing nuts) and jam sandwiches

Everyday Foods	Example
1 portion of fruit	Apple/ banana/ orange/pear Slice of Melon Handful of berries or grapes Small handful of dried apricots or raisons 2 small pieces of fruit e.g. satsuma
1 portion of vegetables	Carrot/ cucumber/ pepper/ celery sticks Salad bowl or salad as a sandwich filling Vegetables included in a pasta salad or soup Sugar snap peas
Bread/ cereals/ potatoes	2 slices of bread (e.g. 1 sandwich) 1 whole pitta or 2 mini pittas 1 medium sized bun or 2 small buns Potato/ pasta/ cous cous salad Sandwich wrap Bagel Crackers/ cracker bread
Milk and Dairy	Cheese filled sandwich Cheese cubes, small waxed cheese or cheese triangle Cottage cheese Milk Plain or fruit yoghurt (not chocolate or containing chocolate pieces) Fromage Frais

Protein	Meat or fish as a sandwich filling e.g. chicken, ham, tuna, salmon... Chicken drumstick Houmous as a dip with crunchy veg or a sandwich/ pitta/ wrap filling Egg as a sandwich filling Lentils/ beans/ pulses/ chickpeas in salads or soups
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Appendix 2

Lunch Box Ideas

Instead of...	Try...
Processed savoury snacks high in fat/ salt e.g. Dunkers, Cheese Strings, crisps	Handful of unsalted pretzels or savoury popcorn Bread sticks Rice cakes Cheese and crackers Crunchy veg sticks and houmous Handful of mini tomatoes Small portion of cheese e.g. Babybel
Sweet treats high in fat/ sugar e.g. chocolate covered biscuits or cakes	Any fruit Cereal bar (not containing nuts or chocolate covering) Plain cake or biscuit (not chocolate coated) Sugar free jelly Plain or fruit yoghurt (not chocolate or containing chocolate pieces)
Sugary drinks e.g. Capri Sun, Ribena, fizzy drinks	Water Sugar free squash Sugar free flavoured water

Websites

The following website contain fantastic ideas for exciting and healthy lunches

<https://www.eatsamazing.co.uk/category/bento-lunches/healthy-lunch-box-food-ideas>

<https://www.bbcgoodfood.com/recipes/collection/lunchbox>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://realfood.tesco.com/recipes/collections/kids-lunchbox-recipes.html>